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Abstract

The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of sedentary, middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The physical fitness of the subjects was measured at the beginning and end of the 12-week period. The measurements included maximum heart rate, maximum oxygen consumption, and maximum work rate. The results showed that the exercise group had significantly higher maximum heart rate, maximum oxygen consumption, and maximum work rate than the control group at the end of the 12-week period.

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